

August 2016 NMCP Prenatal Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
			1230-1430 Breastfeeding Basics			0900-1300 Childbirth Prep class
7	8	9	10	11	12	13
		1100-1230 NMCRS Budget for Baby	1230-1430 Breastfeeding Basics	1400-1500 Pregnancy and Postpartum Support Group		
14	15	16	17	18	19	20
			1230-1430 Working and Breastfeeding	1300-1700 Childbirth Prep class and Tour 1730-1900 Labor & Delivery Tour		
21	22	23	24	25	26	27
			1230-1430 Breastfeeding Basics	1100-1230 NMCRS Budget for Baby 1300-1430 Labor & Delivery Tour 1400-1500 Pregnancy and Postpartum Support Group		
28	29	30	31	1	2	3
		To Schedule Education Classes call: 1-866-MIL-HLTH (1-866-645-4584) Or NMCP OB-GYN at 953-4300.	*Navy Marine Corps Relief Society offers Budget for Baby twice monthly at NMCP, Call 757-953-5956 to schedule.	*Childbirth Prep classes are held in the Magann Conference Room in front of OB- GYN clinic, Bldg. 2, 4 th Floor.	*Breastfeeding classes are held in Bldg 2, 4 th floor 4KL Dayroom in the Postpartum Inpatient Ward.	*Pregnancy and Postpartum Support group meets in Social Work Conference Room, Bldg 3, 4 th Floor Call 953-5861 to schedule.